



Sponsored by the LTBB Health Department

What is Rez-Robics?

Rez-Robics is a low-impact exercise program that incorporates pow-wow dance steps and basic martial arts moves set to contemporary Native music.

Classes are being held at the Native Way Too gym
on **Mondays and Wednesdays from 5:30 - 6:45pm**

Classes are **FREE** for
LTBB Tribal members,
family, and employees.

The Native Way Too gym
is located in the
County Commerce Park
8730 Commerce Court
Unit #7
Harbor Springs, MI

If you have any questions or
would like to sign-up
call Gwen Gasco at (231)242-1611



Class sizes are limited to 20 participants per session!!